

First coughing as you
try to take out



**ASSIGN
BUSTER**

First try to understand why you are suffering from coughing, and then seek natural remedies to cure the same. Remember, all the remedies work best when you use them right at the onset of the condition. But have you wondered what a cough is? And why is it particularly difficult to get rid of a cough? We bet you have! That's why we're here to give you a quick lowdown of coughing and related conditions. A cough protects you as it expels stuff that does not belong to your lungs and windpipe, such as inhaled dirt or food.

What Causes Cough? There are a few causes that trigger a cough. Taking care of the causes can so often provide great relief from the symptoms. We are used to symptomatic treatments, which is why we keep suffering from recurring coughing problems.

Some of the triggers that set you off on a coughing bout are the following: Viruses- You are most likely to get a cough from cold and flu. Some kind of coughs do go away after a while as the mucus gets expelled out of your body. But there are some kinds of cough, especially the dry cough, which refuse to go away.

One reason for it could be that coughing irritates your lungs, and when your lung gets irritated you tend to cough again, and it becomes a never-ending process. Asthma and allergies- If you suffer from asthma or allergies, inhaling a kind of mold can set off a spate of coughing as you try to take out the irritant. Irritant- Even if you don't suffer from allergies, irritants like strong perfumes, cold air and smoke can precipitate a coughing spree. Acid reflux- If you suffer from heartburn or acidity, stomach acids rush back to

your throat, especially at night, and it irritates your windpipe, causing you to cough.

Congested nose- When your nose is congested, mucus retracts from your nose to your throat, making you cough. This kind of problem can be caused by a sinus infection, allergies, cold, flu and similar.